

2011 Youth Risk Behavior Survey



Centers for Disease Control
and Prevention

Montana 2011 and United States 2011 Results

Health Enhancement & Safety Division
YRBS Program
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opi.mt.gov

Montana
Office of Public Instruction
Denise Juneau, State Superintendent

About the Youth Risk Behavior Survey













The Montana Office of Public Instruction, through a cooperative agreement with the Centers for Disease Control and Prevention (CDC), has administered the Youth Risk Behavior Survey (YRBS) with schools and students in Montana since 1991. The CDC's YRBS system is the only survey system designed to monitor a wide range of priority health risk behaviors among representative samples of high school students at the national, state, and local levels.

The YRBS is conducted every two years among high school students throughout the United States. These surveys monitor priority health risk behaviors including unintentional injuries and violence; tobacco, alcohol and other drug use; sexual behaviors that contribute to unintended pregnancy and sexually transmitted diseases, including HIV infection; unhealthy dietary behaviors; and physical inactivity. These surveys also monitor obesity and asthma.

In Montana, 4,148 students participated in the 2011 YRBS. Participation in the survey was voluntary, and responses were anonymous. The 2011 YRBS report includes national data and data from surveys conducted in 43 states and 21 large urban school districts. The 2011 YRBS data are available at www.cdc.gov/yrbs. The Montana YRBS Web site, which also includes regional, county and school-specific data results, is located at www.opi.mt.gov/yrbs.

This report highlights the 2011 Montana and United States results in a comparative table format. Behaviors in which Montana students are at increased risk than their peers nationwide for unhealthy behaviors are noted with a red check mark (✓). Behaviors in which Montana students are at less risk than their peers nationwide for unhealthy behaviors are indicated by a green plus sign (✚).


Unintentional Injuries and Violence

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Had ridden a bicycle during the past 12 months and rarely or never wore a bicycle helmet | 87.5 | (85.0-89.7) | 81.2 | (79.1-83.2) |  |
| Rarely or never wore a seat belt when riding in a car driven by someone else | 7.7 | (6.5-9.1) | 11.2 | (9.8-12.8) |  |
| Rode with a driver who had been drinking alcohol during the past 30 days | 24.1 | (22.9-25.3) | 26.1 | (24.1-28.1) | |
| Drove when drinking alcohol during the past 30 days | 8.2 | (7.6-8.8) | 10.6 | (9.5-11.8) |  |
| Texted or e-mailed while driving a car during the past 30 days | 32.8 | (30.3-35.3) | 50.2 | (47.1-53.3) |  |
| Carried a weapon during the past 30 days [^] | 16.6 | (15.4-18.0) | 23.5 | (21.7-25.5) |  |
| Carried a gun during the past 30 days | 5.1 | (4.6-5.7) | 9.0 | (7.9-10.2) |  |
| Carried a weapon on school property during the past 30 days | 5.4 | (4.7-6.1) | 9.3 | (8.0-10.7) |  |
| Were threatened or injured with a weapon on school property during the past 12 months | 7.4 | (6.8-8.1) | 7.5 | (6.5-8.6) | |
| Were in a physical fight during the past 12 months | 32.8 | (31.5-34.1) | 25.4 | (24.0-26.8) |  |
| Were injured in a physical fight during the past 12 months | 3.9 | (3.5-4.4) | 2.7 | (2.3-3.2) |  |
| Were in a physical fight on school property during the past 12 months | 12.0 | (11.3-12.8) | 9.1 | (8.2-10.2) |  |
| Had been bullied on school property during the past 12 months | 20.1 | (18.7-21.5) | 26.0 | (23.9-28.2) |  |
| Were electronically bullied during the past 12 months | 16.2 | (15.3-17.2) | 19.2 | (17.4-21.1) |  |
| Did not go to school because they felt unsafe at school or on their way to or from school | 5.9 | (5.1-6.9) | 4.2 | (3.6-4.9) |  |
| Had their property stolen or deliberately damaged on school property during the past 12 months | 26.1 | (24.6-27.8) | 28.7 | (26.5-30.9) | |
| Had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months | 9.4 | (8.6-10.3) | 11.0 | (10.1-11.9) |  |
| Were ever forced to have sexual intercourse when they did not want to | 8.0 | (7.3-8.8) | 9.8 | (8.7-11.1) |  |

§ 95% confidence interval.

[^] For example, a gun, knife, or club.


Unintentional Injuries and Violence - continued

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Felt sad or hopeless almost every day for 2 or more weeks in a row so that they stopped doing some usual activities | 28.5 | (27.2-29.7) | 25.2 | (23.4-27.1) |  |
| Seriously considered attempting suicide* | 15.8 | (15.1-16.5) | 15.2 | (14.1-16.5) | |
| Made a suicide plan* | 12.8 | (12.0-13.6) | 12.3 | (11.2-13.5) | |
| Attempted suicide* | 7.8 | (7.1-8.5) | 6.5 | (5.5-7.7) | |
| Had a suicide attempt treated by a doctor or nurse* | 2.4 | (2.0-2.9) | 2.4 | (1.9-3.0) | |

§ 95% confidence interval.

*During the past 12 months.





Tobacco Use

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Had ever tried cigarette smoking, even one or two puffs | 44.7 | (42.3-47.2) | 44.0 | (40.7-47.4) | |
| Ever smoked cigarettes daily~ | 10.2 | (9.2-11.2) | 11.4 | (9.6-13.5) | |
| Smoked a whole cigarette before the age of 13 | 10.3 | (9.3-11.5) | 11.1 | (9.5-12.9) | |
| Currently smoke cigarettes (at least one cigarette during the past 30 days) | 18.1 | (16.7-19.5) | 16.5 | (14.4-18.8) | |
| Smoked cigarettes on 20 or more of the past 30 days | 6.4 | (5.8-7.1) | 6.4 | (5.3-7.9) | |
| Currently smoke cigarettes and smoked more than 10 cigarettes per day | 7.8 | (6.3-9.7) | 6.9 | (4.7-9.9) | |
| Smoked cigarettes on school property during the past 30 days | 4.9 | (4.4-5.4) | 4.3 | (3.2-5.7) | |
| Currently smoke and bought cigarettes in a store or gas station during the past 30 days | 14.0 | (11.5-16.9) | 9.0 | (6.0-13.4) |  |
| Currently smoke and tried to quit smoking cigarettes during the past 12 months | 49.9 | (46.9-53.0) | 56.2 | (51.7-60.5) | |

§ 95% confidence interval.




~ At least one cigarette every day for 30 days.

Tobacco Use - continued

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Used chewing tobacco, snuff, or dip on at least 1 day during the past 30 days | 7.7 | (6.6-9.0) | 13.5 | (11.3-15.9) |  |
| Used smokeless tobacco on school property during the past 30 days | 4.8 | (4.0-5.9) | 8.0 | (6.5-9.8) |  |
| Smoked cigars, cigarillos, or little cigars on at least 1 day during the past 30 days | 13.1 | (12.2-14.1) | 16.1 | (14.6-17.8) |  |
| Used tobacco (cigarettes, smokeless tobacco or cigars) during the past 30 days | 23.4 | (21.8-25.1) | 27.3 | (24.7-30.1) |  |

§ 95% confidence interval.

Alcohol and Other Drug Use

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Had at least one drink of alcohol during their life | 70.8 | (69.0-72.5) | 72.8 | (70.8-74.6) | |
| Drank alcohol for the first time before the age of 13 | 20.5 | (19.2-21.8) | 21.4 | (19.7-23.1) | |
| Had at least one drink of alcohol during the past 30 days | 38.7 | (37.2-40.3) | 38.3 | (36.2-40.5) | |
| Had 5 or more drinks of alcohol in a row within a couple of hours at least once during the past 30 days | 21.9 | (21.0-22.8) | 25.2 | (23.5-27.1) |  |
| Drank alcohol on school property during the past 30 days | 5.1 | (4.5-5.8) | 3.5 | (2.8-4.2) |  |
| Obtained the alcohol they drank by someone giving it to them | 40.0 | (37.5-42.5) | 34.1 | (31.4-36.9) |  |
| Had ever used marijuana during their life | 39.9 | (37.8-42.1) | 39.2 | (35.5-43.1) | |
| Used marijuana for the first time before the age of 13 | 8.1 | (7.3-9.0) | 8.0 | (6.4-9.9) | |
| Used marijuana during the past 30 days | 23.1 | (21.5-24.7) | 21.2 | (18.4-24.4) | |
| Used marijuana on school property during the past 30 days | 5.9 | (5.1-6.7) | 5.5 | (4.5-6.8) | |
| Had ever used cocaine (e.g., powder, crack, or freebase) during their life | 6.8 | (6.2-7.5) | 6.1 | (5.1-7.4) | |
| Used cocaine during the past 30 days | 3.0 | (2.6-3.5) | 2.4 | (1.9-3.0) | |

§ 95% confidence interval.

Alcohol and Other Drug Use - continued

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|--|-----------------|-----------------|-------------|-------------|------------------|
| Ever used inhalants during their life~ | 11.4 | (10.7-12.1) | 11.6 | (10.2-13.1) | |
| Ever used ecstasy during their life [†] | 8.2 | (7.2-9.4) | 8.2 | (7.1-9.5) | |
| Ever used heroin during their life [‡] | 2.9 | (2.5-3.3) | 2.6 | (2.1-3.2) | |
| Ever used methamphetamines during their life [§] | 3.8 | (3.4-4.3) | 3.1 | (2.5-3.9) | |
| Ever took steroids without a doctor's prescription during their life | 3.6 | (3.2-4.1) | 2.9 | (2.3-3.7) | |
| Ever took prescription drugs without a doctor's prescription during their life* | 20.7 | (19.2-22.2) | 18.4 | (16.8-20.2) | |
| Ever used a needle to inject any illegal drug into their body during their life | 2.3 | (1.9-2.7) | 2.0 | (1.6-2.6) | |
| Were offered, sold, or given an illegal drug by someone on school property during the past 12 months | 25.6 | (23.6-27.6) | 25.2 | (23.4-27.0) | |

§ 95% confidence interval.

~ Sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high.


† Used ecstasy (also called "MDMA").

‡ Used heroin (also called "smack," "junk," or "China White").

§ Used methamphetamines (also called "speed," "crystal," "crank," or "ice").

* Prescription drugs (e.g., Oxycontin, Percocet, Vicodin, codeine, Adderall, Ritalin, or Xanax).



Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Had ever had sexual intercourse during their life | 47.4 | (45.0-49.9) | 47.9 | (44.9-50.8) | |
| Had their first sexual intercourse before the age of 13 | 6.2 | (5.6-6.9) | 4.4 | (3.5-5.5) |  |
| Had had sexual intercourse with four or more persons during their life | 15.3 | (14.2-16.4) | 15.0 | (13.0-17.3) | |
| Had sexual intercourse during the past 3 months ("currently sexually active") | 33.7 | (31.8-35.7) | 34.7 | (32.2-37.2) | |
| Were currently sexually active and used a condom during their last sexual intercourse | 60.2 | (57.5-62.9) | 62.4 | (59.3-65.3) | |

§ 95% confidence interval.




Sexual Behaviors that Contribute to Unintended Pregnancy and Sexually Transmitted Diseases, Including HIV Infection

- continued

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|--|-----------------|-----------------|-------------|-------------|---|
| Were currently sexually active and used birth control pills to prevent pregnancy | 18.0 | (15.9-20.2) | 21.4 | (18.8-24.2) | |
| Were currently sexually active and used Depo-Provera, Nuva Ring, Implanon, or any IUD during last sexual intercourse | 5.3 | (4.4-6.4) | 6.8 | (5.2-8.8) | |
| Were currently sexually active and used birth control pills, Depo-Provera, Nuva Ring, Implanon, or any IUD during last sexual intercourse | 23.3 | (21.0-25.7) | 28.2 | (25.5-31.0) |  |
| Were currently sexually active and used a condom <i>and</i> birth control pill, Depo-Provera, Nuva Ring, Implanon, or any IUD during last sexual intercourse | 9.5 | (8.2-10.9) | 11.0 | (9.3-13.0) | |
| Were currently sexually active and did not use any method to prevent pregnancy during last sexual intercourse | 12.9 | (11.6-14.2) | 8.5 | (6.5-10.9) |  |
| Were currently sexually active and drank alcohol or used drugs before last sexual intercourse | 22.1 | (20.6-23.6) | 21.1 | (18.2-24.4) | |
| Were taught in school about AIDS or HIV infection | 84.0 | (82.3-85.6) | 85.4 | (82.5-87.9) | |

§ 95% confidence interval.






Dietary Behaviors

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Did not eat fruit or drink 100% fruit juices during the past 7 days | 4.8 | (4.3-5.4) | 4.0 | (3.2-4.9) | |
| Ate fruit or drank 100% fruit juices daily during the past 7 days | 64.0 | (62.2-65.7) | 61.6 | (59.1-64.0) | |
| Ate fruit or drank 100% fruit juices two or more times per day during the past 7 days | 34.0 | (32.3-35.6) | 26.9 | (25.3-28.5) |  |
| Ate fruit or drank 100% fruit juices three or more times per day during the past 7 days | 22.4 | (21.0-23.8) | 15.6 | (14.3-16.9) |  |
| Did not eat vegetables during the past 7 days ⁺ | 5.7 | (5.1-6.4) | 3.5 | (2.7-4.4) |  |

§ 95% confidence interval.





⁺Green salad, potatoes (excluding French fries, fried potatoes, or potato chips), carrots, or other vegetables.

Dietary Behaviors - continued

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|---|-----------------|-----------------|-------------|-------------|---|
| Ate vegetables one or more times per day during the past 7 days | 62.3 | (60.5-64.0) | 66.5 | (63.9-69.0) |  |
| Ate vegetables two or more times per day during the past 7 days | 28.3 | (26.9-29.7) | 28.5 | (26.2-30.9) | |
| Ate vegetables three or more times per day during the past 7 days | 15.3 | (14.3-16.4) | 11.9 | (10.7-13.1) |  |
| Did not drink soda or pop, not counting diet soda or diet pop, during the past 7 days | 20.9 | (19.5-22.4) | 19.3 | (17.8-20.8) | |
| Drank soda or pop one or more times per day during the past 7 days | 27.8 | (25.6-30.1) | 23.4 | (21.6-25.3) |  |
| Drank soda or pop two or more times per day during the past 7 days | 19.0 | (16.9-21.3) | 14.6 | (12.9-16.4) |  |
| Drank soda or pop three or more times per day during the past 7 days | 11.3 | (9.9-12.9) | 6.9 | (5.9-7.9) |  |
| Ate breakfast on all of the past 7 days | 37.7 | (35.7-39.8) | 39.5 | (37.5-41.5) | |

§ 95% confidence interval.

Physical Activity

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|--|-----------------|-----------------|-------------|-------------|---|
| Did not participate in at least 60 minutes of physical activity on any day during the past 7 days | 13.8 | (12.8-14.8) | 10.0 | (8.7-11.4) |  |
| Were physically active at least 60 minutes per day on 5 or more of the past 7 days [†] | 49.5 | (47.4-51.5) | 54.7 | (52.5-56.8) |  |
| Were physically active at least 60 minutes per day on all of the past 7 days | 28.7 | (27.1-30.3) | 28.7 | (26.9-30.6) | |
| Used computers for something that was not school work 3 or more hours per day on an average school day | 31.1 | (29.3-32.9) | 20.6 | (19.0-22.2) |  |
| Watched television 3 or more hours per day on an average school day | 32.4 | (30.9-34.0) | 22.1 | (20.6-23.8) |  |
| Attended physical education (PE) classes on one or more days in an average week when they were in school | 51.8 | (46.0-57.6) | 56.0 | (52.2-59.8) | |

§ 95% confidence interval.

[†] Were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time.

Physical Activity - continued

| The percentage of high school students who . . . | United States % | CI [§] | Montana % | CI | Montana Variance |
|--|-----------------|-----------------|-------------|-------------|------------------|
| Attended PE class daily in an average week when they were in school | 31.5 | (26.1-37.4) | 33.1 | (28.9-37.6) | |
| Played on a sports team run by their school or community during the past 12 months | 58.4 | (56.0-60.7) | 63.2 | (61.2-65.2) | + |
| Were obese** | 13.0 | (11.7-14.4) | 8.5 | (7.5-9.6) | + |
| Were overweight*** | 15.2 | (14.4-16.2) | 12.9 | (11.6-14.3) | + |
| Described themselves as slightly or very overweight | 29.2 | (27.7-30.6) | 26.3 | (24.9-27.8) | + |
| Were trying to lose weight | 46.0 | (44.3-47.7) | 40.1 | (38.2-42.0) | + |
| Did not eat for 24 or more hours to lose weight or to keep from gaining weight during the past 30 days | 12.2 | (11.3-13.1) | 12.5 | (11.3-13.8) | |
| Took diet pills, powders, or liquids to lose weight or to keep from gaining weight during the past 30 days | 5.1 | (4.5-5.6) | 5.0 | (4.3-5.8) | |
| Vomited or took laxatives to lose weight or to keep from gaining weight during the past 30 days | 4.3 | (3.8-4.7) | 4.8 | (4.1-5.5) | |
| Had ever been told by a doctor or nurse that they had asthma | 23.0 | (21.7-24.3) | 20.3 | (19.1-21.5) | + |
| Had ever been told by a doctor or nurse that they had asthma and still have asthma | 11.9 | (10.9-12.9) | 10.4 | (9.7-11.2) | + |

§ 95% confidence interval.

** Students who were $\geq 95^{\text{th}}$ percentile for body mass index.

*** Students who were $\geq 85^{\text{th}}$ percentile but $< 95^{\text{th}}$ percentile for body mass index.

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